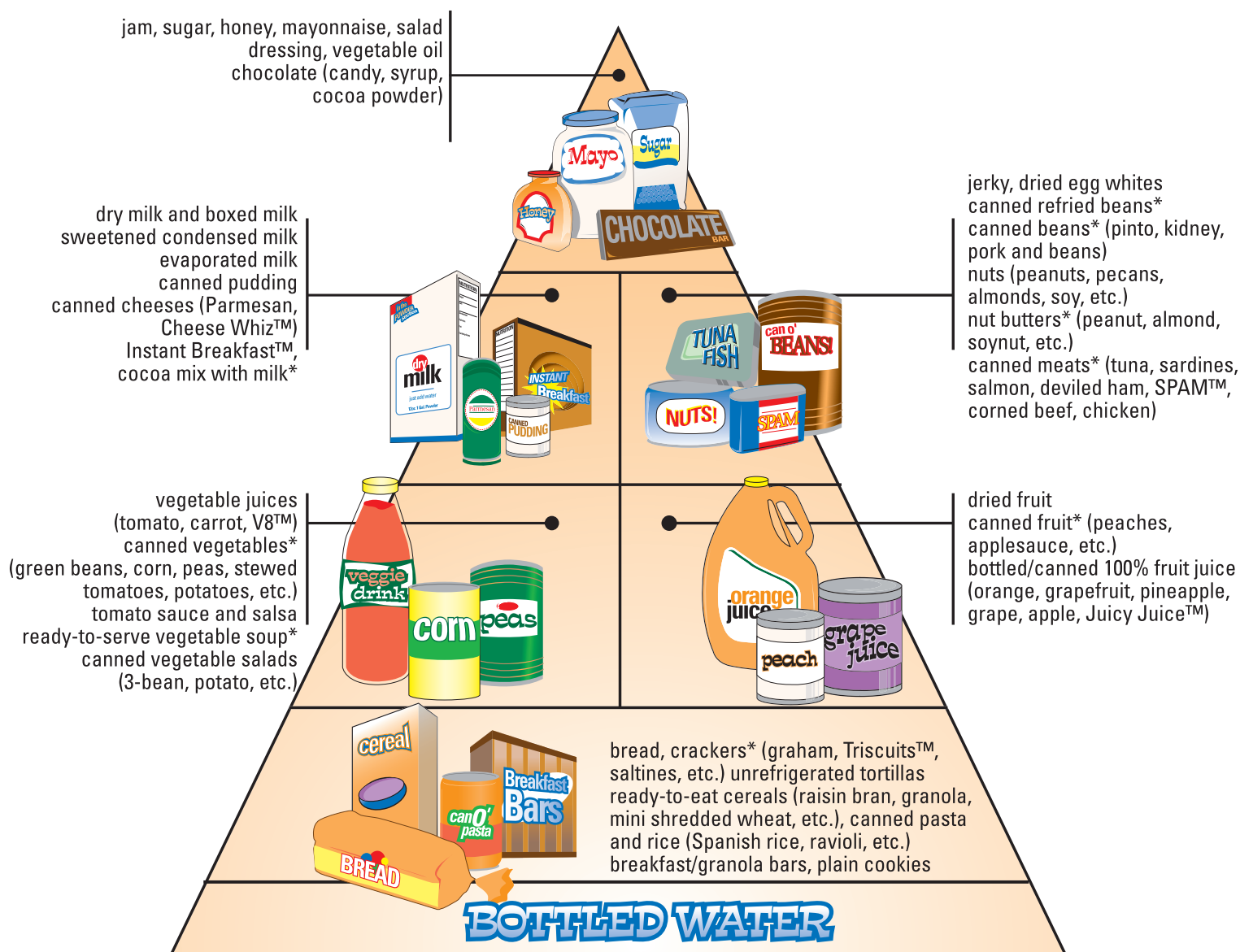


# EMERGENCY FOOD PYRAMID

## Eating Nutritiously When the Lights Are Out



\*Look for low salt, low fat, or low sugar versions of this food  
Use of brand names does not imply endorsement



Even in an emergency, you can follow the Food Guide Pyramid and eat the foods you need for good health, in amounts and portion sizes that are appropriate. If more days are needed, repeat this cycle. Opened food that cannot be kept cold should be tossed at the end of the day. Incorporate perishable food (food from the refrigerator and the freezer) at the beginning of the emergency if you can.

## EMERGENCY MENU with Imagination— No Heating Required DAY 1

Nutrition analysis based on  
fruit juice = orange juice,  
canned fruit = unsweetened  
applesauce, flour tortillas,  
Cheerios™ cereal, canned  
vanilla pudding

Day 1—Calories: 1990, Protein  
77g, Fat 56g (Sat fat 11g),  
Cholesterol 25mg, Sodium 4800mg,  
Carbohydrate 303gm (sugars 139g),  
Dietary fiber 24g, Vitamin A 120%  
of Daily Value, Vitamin C 240% of  
Daily Value, Calcium 130% of Daily  
Value, Iron 130% of Daily Value

	Serving for 1	Menu	Special Instructions	Grocery List for 4
BREAKFAST	1¼ cup 1 cup ¾ cup	ready-to-eat cereal reconstituted milk fruit juice		1 10-ounce box cereal 1 box dry milk that makes 8 quarts (use amount for 1 quart plus bottled water) 24 ounces juice 4 gallons water
LUNCH	6-8 1 cup 2 ½ cup	peanut butter balls ready-to-serve vegetable soup—unheated crackers pudding bottled water	• Peanut butter balls: mix equal parts peanut butter and dry milk; sweeten with honey or jam	1 18-ounce jar peanut butter dry milk (above) 2 16-ounce cans ready-to-serve vegetable soup crackers 1 16-ounce can pudding bottled water Honey or jam
DINNER	2 ¾ cup ½ cup ½ cup	bean burritos Mexican salad applesauce, unsweetened fruit juice bottled water	• Bean burritos: 2 tortillas, ¼ cup refried beans, ¼ cup kidney beans, ¼ cup salsa, 2 T Parmesan cheese • Mexican salad: equal parts drained corn, salsa, drained black or red beans	1 package tortillas 1 16-ounce can refried beans 1 16-ounce can kidney beans 1 16-ounce can black beans 1 16-ounce jar salsa 1 16-ounce can corn 4-ounce can Parmesan cheese 1 16-ounce can applesauce 16 oz fruit juice
SNACK	6	graham crackers bottled water		1 16-ounce box graham crackers



Food that should be kept cold after opening should be tossed at end of day if not eaten.

## EMERGENCY MENU with Imagination— No Heating Required DAY 2

Nutrition analysis based on V8 juice, milk = reconstituted nonfat dry milk, tuna packed in water, 'lite' mayonnaise, 'lite' Italian dressing, fat free pudding, dried fruit = raisins, nuts = almonds

Day 2—Calories: 1840, Protein 88g, Fat 40g (Sat fat 11g), Cholesterol 130mg, Sodium 4630mg, Carbohydrate 282gm (sugars 340g), Dietary fiber 24g, Vitamin A 130% of Daily Value, Vitamin C 190% of Daily Value, Calcium 90% of Daily Value, Iron 100% of Daily Value

	Serving for 1	Menu	Special Instructions	Grocery List for 4
<b>BREAKFAST</b>	1 cup ¾ cup	pudding parfait apple juice	• Pudding parfait: layer ½ cup pudding and ½ cup cereal; top with dried fruit and nuts	1 16-ounce can pudding 10-ounce box cereal (½ for breakfast, ½ for evening snacks) 2 ounces almonds or other nuts 2 ounces raisins 24 ounces fruit juice 4 gallons water
<b>LUNCH</b>	3 ounces 8 1 cup ½ cup  1 cup	tuna salad on Triscuits™ gazpacho canned pineapple in juice chocolate milk bottled water	• Tuna salad: mix each 3 ounces of tuna with 2 tsp mayonnaise • Gazpacho: 1 can stewed tomatoes, 2 cups tomato or V8 juice, dried minced onion and parsley • Chocolate milk: reconstituted milk and chocolate powder or syrup	2 6-ounce cans tuna in water 1 8-ounce jar mayonnaise (use ¼ cup) or single serve packs 1 10-ounce box Triscuits™ (use ½) 1 16-ounce can stewed tomatoes 1 46-ounce can tomato/V8 juice (use 16 ounces; remainder later) dried onion and parsley 1 16-ounce can pineapple 1 8-ounce bottle chocolate syrup (use 1 ounce)
<b>SNACK</b>	2  1 Tbsp	rice cakes, popcorn flavor and Cheez Whiz™		1 bag rice cakes, popcorn flavor
<b>DINNER</b>	3 ounces ½ cup ½ cup 8 ½ cup ¾ cup	canned corned beef vegetarian baked beans mixed vegetable salad crackers/Cheez Whiz™ canned peaches in juice tomato/V8 juice bottled water	• Mixed vegetable salad: canned mixed vegetables and bottled lowfat Italian dressing	1 12-ounce can corned beef 1 16-ounce can vegetarian baked beans 1 16-ounce can mixed vegetables 1 8-ounce bottle lowfat Italian dressing pressurized can Cheez Whiz™ 1 16-ounce can peaches 1 16-ounce box saltines

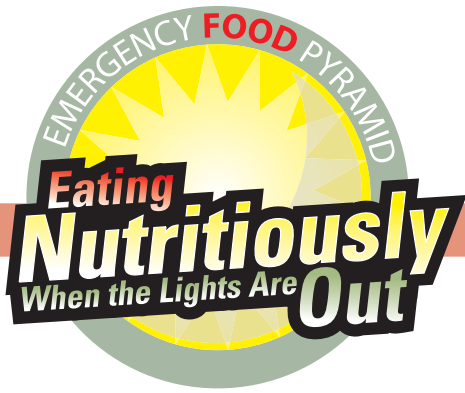


## EMERGENCY MENU with Imagination— No Heating Required DAY 3

Nutrition analysis based on  
fruit juice = orange juice,  
canned fruit = unsweetened  
applesauce and peaches  
in juice, canned vanilla  
pudding, crackers =  
Triscuits, cereal = Cheerios,  
nuts = unsalted peanuts

Day 3—1920 Calories: Protein  
56g, Fat 66g (Sat fat 11g),  
Cholesterol 20mg, Sodium 2270mg,  
Carbohydrate 294g (sugars 169g),  
Dietary fiber 22g, Vitamin A 50%  
of Daily Value, Vitamin C 260% of  
Daily Value, Calcium 80% of Daily  
Value, Iron 100% of Daily Value

	Serving for 1	Menu	Special Instructions	Grocery List for 4
BREAKFAST	1¼ cup 1 cup ¾ cup	ready-to-eat cereal reconstituted milk fruit juice		1 10-ounce box cereal 1 box dry milk that makes 8 quarts (use amount for 1 quart plus bottled water) 24 ounces juice 4 gallons water
LUNCH	4 Tbsp 8 ½ cup ½ cup ½ cup	peanut butter crackers canned peaches pudding nuts and raisins bottled water		1 18-ounce jar peanut butter crackers 1 16-ounce can pudding 1 16-ounce can peaches bottled water 4 ounces nuts (your choice) 8 ounces raisins
DINNER	1 cup 2 slices ½ cup ½ cup 1 cup	canned baked beans bread canned diced tomatoes applesauce, unsweetened fruit juice bottled water	• canned beans and diced tomatoes can be eaten without heating	2 16-ounce cans baked beans 1 loaf bread (16-ounce) 1 15-ounce can diced tomatoes 1 16-ounce can applesauce 1 quart fruit juice (orange juice)
SNACK	2 ½ cup	graham cracker squares pudding bottled water		1 16-ounce box graham crackers 1 16-ounce can pudding



## Other **Imaginative Food** Ideas from Emergency Food Guide Pyramid

- Orange smoothie—mix 4 tsp dried egg white into 1/2 cup reconstituted milk; slowly add 1/2 cup orange juice and 1 tsp sugar (apple and grape juice can be substituted)
- Almond butter and crackers
- Canned Spanish rice and canned pinto beans or red beans
- Cereal and milk for evening snack
- Stir peanut butter into chocolate milk (yummy)
- Quesadillas (spread refried beans on flour tortilla, add cheese from pressurized can, and salsa)
- Chocolate fondue with dried fruit and graham crackers (flavor 1 can sweetened condensed milk with 2 tablespoons chocolate syrup)
- Potato and kidney bean salad (mix cut up canned potatoes, drained kidney beans or other beans, mayonnaise, onion powder and other herbs you may have—parsley, basil, oregano, etc.)
- Canned baked beans mixed with any available canned meat and a drained canned vegetable

## **Equipment** to Have on Hand

Can opener  
Plastic utensils (knives, forks, spoons)  
Disposable plates and bowls  
Napkins  
Paper towels  
Sanitizing wipes  
Hand sanitizer  
Measuring cups  
Measuring spoons  
Mixing bowl (or several sizes tight locking plastic bags to use for mixing ingredients)  
Mixing spoon  
Garbage bags for refuse

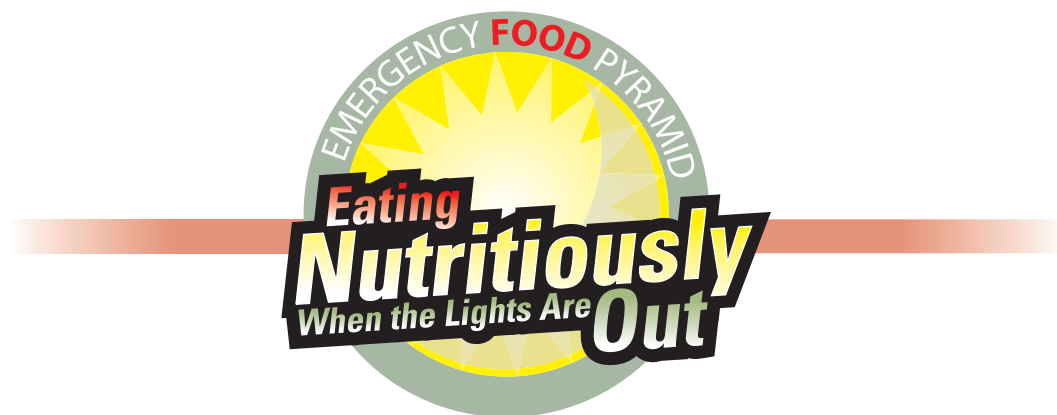
## **Safety** Precautions

Maintaining your health in an emergency is important. Make sure you don't risk food poisoning.

- Aim for no leftovers. Once opened, canned goods (low acid foods) should be eaten immediately. Canned fruits and juices are more acid than other canned foods and could be eaten the next day.
- All foods should be stored in a cool, dry place. This could be among your everyday foods where your emergency foods can also be used as a part of your daily meals. Remember to replace them as you use them. This ensures that foods are used while they are still top quality.
- If water is limited, use disposable utensils that do not need to be washed after use.
- Clean hands and preparation surfaces before preparing food.
- If you have someone who is immune-compromised in your family (infants, pregnant women, elderly, persons receiving chemotherapy or diagnosed with HIV/AIDS, transplant recipients, diabetics, or people with multiple sclerosis) it is very important NOT to keep leftover food.
- Dispose of all garbage.

## **More** Resources

The Federal Emergency Management Agency in cooperation with the American Red Cross and the U.S. Department of Agriculture has a brochure available that covers additional information on use of food and water in an emergency. It can be accessed at: <http://www.fema.gov/rrrr/foodwtr.shtm>



## Reference

Food Guide Pyramid, U.S. Department of Agriculture, 1992

## Authors

Sharron Coplin, M.S., R.D., L.D., Extension Associate, Food and Nutrition, Department of Human Nutrition, The Ohio State University; Lydia C. Medeiros, Ph.D., R.D., L.D., Associate Professor and Extension Specialist, Food and Nutrition, Department of Human Nutrition, The Ohio State University. 9/03

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